

# Ground Based Warm-up

Foam or PVC Pipe Roll: Quad, IT Band, and Upper Back

Lax Ball Roll: Bottom of Foot, Calf, Glutes, Infraspinatus

Add Movement Dysfunction Corrections

Ground Warm-up:

1. Hip Flexor Mobilization 10/side
2. Adductor Rock 10/side
3. Fire Hydrant 10/side
4. Single Leg Glute Bridge 10/side
5. Side Lying Thoracic Stretch 10/side
6. Spider Lunge In Place 10/side
7. Reverse Inchworm 10x
8. ½ Get-up 10/side (challenging weight)